

PANACULTY IS A CASSEROLED DISH, TRADITIONAL THROUGHOUT THE NORTH EAST OF ENGLAND; ESPECIALLY ASSOCIATED WITH SUNDERLAND, TYNE & WEAR AND COUNTY DURHAM. IT CONSISTS OF MEAT (MAINLY CORNED BEEF) AND ROOT VEGETABLES (MAINLY POTATOES, ONIONS AND CARROTS). IT IS LEFT TO BAKE THROUGHOUT THE DAY IN AN OVEN POT ON LOW HEAT OR COOKED SLOWLY ON A LOW HEAT IN A PAN... HENCE THE NAME PANACULTY. IT IS A PERFECT ONE POT WONDER FOR WARMING UP ON A COLD EVENING.



INGREDIENTS

PANACULTY

OLIVE OIL
6 POTATOES, PEELED
AND SLICED
2 CORNED BEEF TINS
(250G OR 300G)
2 WHITE ONIONS, SLICED
1 TIN OF MIXED VEGETABLES
(CARROTS, PEAS)
SALT AND PEPPER
900ML BEEF STOCK
2 TBSP HP BROWN SAUCE
BUTTER

PARSLEY DUMPLINGS

125G PLAIN FLOUR
1 TSP BAKING POWDER
PINCH OF SALT
60G SUET
¼ BUNCH FRESH PARSLEY,
CHOPPED
FRESHLY MILLED BLACK PEPPER
MILK TO BIND THE DUMPLINGS
TOGETHER

METHOD ON THE NEXT PAGE

"THIS WAS A WARTIME RATION WHEN CORNED BEEF AND POTATO WERE CHEAP. THE RECIPE IS STILL BEING COOKED BY THE FAMILY TODAY AS IT'S SIMPLE AND TASTY; REPEATING LAYERS OF SLICED CORNED BEEF, ONIONS, POTATOES, MIXED VEGETABLES, ADDING A PINT OF BISTRO GRAVY AND SLOW COOKING IT, NOTHING FANCY ABOUT IT...

I ADD DUMPLINGS TO MINE."



METHOD

PANACULTY

HEAT THE OVEN TO 375 F / 190 C.
POUR SOME OLIVE OIL INTO A
LARGE CASSEROLE DISH OR
OVENPROOF FRYING PAN AND
GENTLY COOK THE SLICED ONIONS
UNTIL SOFT, BUT NOT BROWNED, ON
MEDIUM HEAT.

REMOVE ONIONS FROM PAN.

ARRANGE A LAYER OF SLICED

CORNED BEEF AT THE BASE OF THE PAN, THEN ADD ONIONS, POTATOES AND
MIXED VEGETABLES AND SEASON.

REPEAT THESE LAYERS UNTIL YOU
HAVE REACHED THE TOP.

ADD 2 TBSP OF HP BROWN SAUCE
TO THE BEEF STOCK AND POUR
OVER THE LAYERS OF CORNED BEEF
AND VEGETABLES.

PLACE THE PAN OVER MEDIUM HEAT
AND BRING TO THE BOIL.

PLACE IN THE HEATED OVEN AND
BAKE FOR 1.5 HOURS.



METHOD CONTINUES ON THE NEXT PAGE

VARIATIONS

YOU CAN VARY A PAN HAGGERTY IN MUCH THE SAME WAY AS ANY POTATO
GRATIN (BEARING IN MIND THIS WILL NO LONGER BE THE CLASSIC DISH).

ADDING LAYERS OF CELERIAC AND/OR CARROTS THE SAME THICKNESS AS
THE POTATOES IS A GREAT WAY TO GET KIDS TO
EAT VEGETABLES WITHOUT REALISING!

MORE WAYS TO CHANGE THE DISH:

- USE SLICES OF CELERIAC WITH THE POTATOES.
- ADD CUBED OR SLICED CARROTS.
- SWAP THE ONIONS FOR SHALLOTS FOR A SUBTLER TASTE.

METHOD (CONT.)

ABOUT 15 MINUTES BEFORE THE END OF COOKING, MAKE THE DUMPLINGS; MIX THE FLOUR, BAKING POWDER SALT AND PEPPER AND PARSLEY IN A BOWL. THEN, MIX IN THE SUET.

ADD ENOUGH MILK TO MIX TO A FIRM DOUGH THAT LEAVES THE BOWL CLEAN. SHAPE INTO DUMPLINGS.

ONCE THE PANACULTY IS COMPLETELY COOKED, PLACE THE DUMPLINGS ON THE TOP, COVER WITH CHEESE AND PUT THE POT IN THE OVEN FOR 15 MINUTES TO CRISP THE DUMPLINGS UP.

ALTERNATIVELY, COOK THE DUMPLINGS SEPARATELY IN STOCK AND THEN PLACE THEM ON TOP OF THE PANACULTY BEFORE SERVING.

FOR SERVING SUGGESTIONS, CONTINUE TO THE NEXT PAGE

SEEMS FAMILIAR?

THE DISH EXISTS IN A NUMBER OF LOCAL VARIATIONS THAT DIFFER IN NAME, MEAT AND VEGETABLE CONTENT...

AROUND THE HUMBER ESTUARY: PAN AGGIE

- LAYERS OF BACON, CORNED BEEF AND ONIONS, TOPPED WITH SLICED OR MASHED POTATOES.

NORTHUMBERLAND: PAN HAGGERTY

- POTATOES, ONIONS AND CHEESE BAKED IN A DISH.

SUNDERLAND REGION: PANACKELTY

- LEFTOVER MEAT COOKED SLOWLY WITH LEFTOVER ROOT VEGETABLES. THIS IS MADE IN A SLOW COOKER OR SERVED IN CASSEROLE DISH LEFT IN THE OVEN TO SIMMER.
- IF SHORT OF INGREDIENTS FROM THE NIGHT BEFORE, THE CHEF USUALLY ADDS FRESH ROOT VEGETABLES, A TIN OF CORNED BEEF AND SLICED POTATOES.
- THE DISH IS ALSO SOMETIMES COOKED IN A FRYING PAN, OR MADE IN A LARGE PAN AND SERVED AS A SOUP, WHICH ALLOWS IT TO BE LEFT ON THE HOB AND LATER REHEATED.



SERVING SUGGESTIONS

TO SERVE, LOOSEN THE EDGES OF THE POTATO CAKE FROM THE FRYING PAN WITH A SPATULA. FLIP THE PAN OVER QUICKLY ONTO A PLATE OR A BREAD BOARD. CUT INTO GENEROUS WEDGES AND ENJOY!

- INSTEAD OF CORNED BEEF, YOU COULD USE SAUSAGES, BACON, OR COLD CUTS LEFT FROM A SUNDAY LUNCH.
- FOR VEGETARIANS: LEAVE OUT THE CORNED BEEF AND SERVE WITH A FRIED EGG ON TOP, OR PERHAPS A DOLLOP OF WILTED SPINACH OR KALE.
- CAN BE EATEN HOT OR COLD – GREAT AS A SNACK OR MEAL OR POPPED INTO A LUNCH BOX.

ENJOY MAM'S PANACULTY!



PUNK CHEF
ON THE ROAD

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